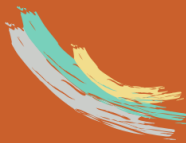


The Cultural Alliance of York County

We are a Catalyst, fueling the creative energy and vibrancy of our community through Leadership, Collaboration, and Sustainability in order to enrich the quality of life of all of our citizens.

HOW ARTS & CULTURE IMPACT WELLNESS

WHO defines holistic health as: viewing man in his totality within a wide ecological spectrum.



96% of Americans ranked arts and culture as a valuable part of their community.

Access to arts interventions in the community at early stages of life reduce levels of depression and anxiety, and provides coping mechanisms participants can use as they get older.



Social features of neighborhoods have been linked with mortality, general health status, disability, birth outcomes, chronic conditions, health behaviors and other risk factors for chronic disease, as well as with mental health, injuries, violence and other important health indicators.

In lower-income neighborhoods, cultural resources are "significantly" linked to better health, schooling, and security



The presence of cultural resources is associated with:

- A 14% decrease in cases of child abuse and neglect
- A 5% decrease in obesity
- An 18% increase in kids scoring in the top stratum on English and math exams
- An 18% decrease in the serious crime rate

; "Investing in Creativity: A Study of the Support Structures for U.S. Artists", The Urban Institute
"Neighborhoods and Health", Robert Wood Johnson Foundation
"The Social Wellbeing of New York City's Neighborhoods: The Contribution of Culture and the Arts",
University of Pennsylvania

THE HEALING EFFECT OF ART, MUSIC AND DANCE



Surgery or critical care patients who participated in guided imagery or had a picture of a landscape on their wall had a decreased need of narcotic pain medication relative to their counterparts

There is evidence that use of art and music reduces hospital stays, with studies showing earlier discharges among patients taking part in visual and performing arts interventions than among those not doing so



The groups that received the intervention were significantly more likely than were those that did not to have improved clinical outcomes, including better vital signs, diminished cortisol related to stress, and less medication needed to induce sleep.

By addressing posttreatment patients' physical and emotional needs, (dance and movement) substantially enhanced quality of life.



Five benefits of using music therapy with cancer patients

- Increase in hospital patients' sense of control
- Promotion of wellness / healthy aspects of patients' lives
- Reduction in pain and increases in immunity
- Decrease in anxiety
- Reduction in psychological and physical symptoms

"The Connection Between Art, Healing, and Public Health: A Review of Current Literature", Heather L. Stuckey
("Dance and movement program improves quality-of-life measures in breast cancer survivors.",
Sandel SL1, Judge JO, Landry N, Faria L, Ouellette R, Majczak M.